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july 2013

# spotlight

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MAGAZINE

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pg11**

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**Spotlight BUSINESS OF THE MONTH**



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Hello Spotlight Magazine readership and welcome to this month's amazing issue!

You will notice that starting with this issue, we have expanded all the pages in the publication to full color. In order to achieve this growth, it takes a strong and dedicated readership, like you, as well as many amazing quality advertisers. We do give all the Glory to God, because He is the true publisher of this magazine. I just happen to be the steward of what has been entrusted to me.

Happy Independence Day by the way. Let us never take for granted all the freedoms this great country has to offer. Even if we do not always agree on the many issues that face us today, we are proud and thankful to live in this great nation.

Please enjoy our July issue of Spotlight Magazine and remember, you can always find every issue on the web as well, at [SpotlightBrevard.com](http://SpotlightBrevard.com).

Also, take an extra minute and "like" us on Facebook.

Take Care, and we'll chat again real soon!

Until next month,

Bryan McDonough  
Publisher, *Spotlight Magazine, Inc.*

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July 2013 | Volume 16 | Issue 07

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july 2013



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## THE BOURNE PRINCIPLE

by Jim Campbell, First Baptist Church of Melbourne

### **One of my favorite movie series is the Jason Bourne trilogy**

(not so much on the new one without Matt Damon). Jason Bourne is this super-assassin for a covert government agency. He's the ultimate in strategy and skill, but he has amnesia and the storyline follows his attempts to find out his real identity. In this one scene, there is a reporter that has information and he's on the run from the agency in a crowded railway station, with several agents disguised in the mass of people. The reporter has Bourne on the cell phone and Bourne, calculating security camera viewing angles and the paths of the agents in the crowd, is instructing the reporter where to walk, when to bend down, and how long to stay, keeping him safe from danger the reporter couldn't possibly detect.

As I watched that, it occurred to me that this is a good picture of the Christian life. Here is this guy, with an open cell phone to a person with all the knowledge, all the skill and all the answers needed, and all the guy has to do is simply do everything the caller says and he'll not only succeed, but confound far more skilled people around him. Time and time again, simple men in the Scriptures "played way above their heads" because they understood that all they needed to do to be successful was to listen intently to the Lord, doing exactly what He said, exactly when He said to do it. They made moves they had no earthly knowledge to make or timed something perfect blindly because they listened to the One who knows everything. It's almost sometimes like God purposefully tries to handicap Himself by not only picking someone who is unskilled, but whose weaknesses are tailor-made to kill success and He wins, because He picks people that are just smart enough to follow orders.

In the movie, the reporter does great for a while, but there comes a point in time, where he just thinks he knows better and runs for the exit...only to get shot by a sniper. That's a picture of us as well. Every time that we think we know better than God, it never ends well. "The fear of the Lord is the beginning of wisdom..." (Proverbs 9:10) means that respecting God enough to never to tell Him "no" is where wisdom begins. As a Christian, I urge you to "pray without ceasing" (1 Thess. 5:17) or to just keep the cell phone to your ear, listening, obeying, employing the "Bourne Principle" with Christ, because if you do, you will make it out of this life...alive.

---

Jim is the Campus Pastor and Primary Communicator at Bay West Church, which meets at Heritage High School Sundays at 10am. For more info on Bay West Church, check us out at [facebook.com/baywestchurch](https://facebook.com/baywestchurch) or [www.baywestchurch.org](http://www.baywestchurch.org). Bay West Church is a campus of First Baptist Church of Melbourne.



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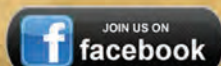
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Spay/neuter clinics are only for feral and abandoned cats. This number is not for calls to relocate or find homes for cats being given up for adoption.



# 5,000 People Attended Health First's Community CPR Day & 5K Run

*By Jeni Hatter, Health First Media Relations Specialist*



## **Health First hosted a record 5,000 people during its**

5th Annual Free CPR Day and 5K at Space Coast Stadium Saturday, June 8. The educational, free and fun community event helped train people how to save a life. CPR Day has grown tremendously over the past several years. For the first time in its five-year history, the event kicked off with a 5K run, followed by the mass CPR training. The first year it was held, only 125 people attended Health First's CPR Day. Now, it's one of the largest CPR training events in Central Florida.

"This event has grown so much over the past several years that the American Heart Association (AHA) is looking at implementing similar mass CPR training events in other cities nationwide and that is a true testament to the scope of the impact this event has on our community," said Health First Training Center Supervisor David Schmitt, EMT-Paramedic.

The Health First Education & Training Center provided the American Heart Association's "Friends & Family" CPR and AED Training. In 2012 alone, the Heart Center at Health First Holmes Regional Medical Center performed more than 1,000 heart and vascular procedures.

"Learning CPR and how to survive a heart attack is just as important as preventing a heart attack," said Health First Medical Group Cardiologist Dr. Cesar Jara. "At Health First, we help provide the tools the community needs to do both."

The event included free t-shirts to all participants, a certificate of CPR "Friends & Family" training completion, heart healthy physician lectures and cooking demonstrations, First Flight helicopter landing and much more.

Founded in 1995, Health First is Central Florida's only fully integrated health system and employs more than 7,500 people and has four hospitals (including Holmes Regional Medical Center, Palm Bay Hospital, Cape Canaveral Hospital and Viera Hospital). Health First Health Plans also offers a wide variety of health insurance plan options for Brevard and Indian River Counties. In addition, Health First is home to Brevard County's only Trauma Center. Health First Medical Group is the largest multi-specialty physician group on the Space Coast. Health First offers numerous outpatient and wellness services, including four Pro-Health and Fitness Centers. Visit [www.Health-First.org](http://www.Health-First.org) for more information.



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# Wedding TIPS

by Johnny Lascha  
with the BCBA

**One of the most important things you can do while planning your wedding is hiring the right wedding vendors to make your vision a reality.** Here are a few tips that should help you pick the perfect vendors for your wedding day and maybe win thousands of dollars in prizes!



After securing your venue, a great place to start would be to attend a couple of bridal shows. It's an ideal way to meet over 45 wedding pros in an afternoon. You'll sample cakes, tasty treats, meet planners, DJs, videographers, florists, photographers, see the latest bridal gowns and more! And at the end of the show, over \$3000 in prizes are given away.

Last year I worked 8 bridal shows and the general feedback I hear from brides is that they had no idea they had so many options to choose from, including decorations, draping, hair design, etc.



Photos by Jana Martin Photography, Models by Elda's Bridal & Meredith's Suits, Draping by Fabrication Events, Bouquets by Roses Are Red, Decorations by Eau Gallie Florist.

In Brevard, the most respected group of wedding professionals is called the Brevard County Bridal Association.

The BCBA produces 3 outstanding bridal shows each year with over 45 wedding vendors, entertainment and a fashion show By Elda's Bridal Boutique and Meredith's Bridal Boutique & Suits. The next 2 shows for the BCBA are August 4th at Rialto Hilton Melbourne and November 3rd at Holiday Inn Express Cocoa. Each member gives away a prize AND the Bridal Association gives away a \$1000 Shopping Spree. See you at the show!

*TIP: When visiting each vendor at the show, they may ask for your information to win extra prizes. Print your contact information on a couple sheets of mailing labels. With labels in hand, you can just peel off the label instead of writing out your information at every booth.*

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## Marquis Campbell When Dreams Become Reality

**While attending college in Tallahassee, Florida,** Marquis Campbell was diagnosed with retinal tears in both eyes. It was at this time that the importance of life's many fleeting images was realized. Shortly after returning to Palm Bay, Marquis established a friendship with one of his high school graduation presents, a 35mm Nikon N2000 camera given to him by his parents. Soon the two would become inseparable as he started getting serious about capturing images.

During the summer of 1998, several of his friends and loved ones who he had photographed, passed on to a higher place. After their passing, numerous requests for photographs were made by their families. That is when he realized the importance of his gift of photography and its powerful ability to stir emotions and impact generations.

Marquis Campbell Photography was founded in July of 1999. Since that time, he has realized that the world is his incredibly large studio, complete with awesome lighting and amazing backdrops. Marquis is married and realizes that without the favor of his Lord and Savior Jesus Christ, his dream of becoming a professional photographer and husband would never have come true.

"My goal as a portrait photographer is to fill the void left behind by Master Painters of a century ago. I cherish the opportunity to create images that will stand the test of time."

Each portrait study is an adventure, exploring the unique character and personal strengths of my sitters. My love of people and deep interest in the human experience is the hallmark of my work. It's not ONLY about how you look; IT'S ABOUT WHO YOU ARE.

Our motto at Marquis Campbell Photography is Some Things Are Priceless and we celebrate Life, Love and Relationships through photography."

Marquis Campbell was awarded the Kodak Gallery Award and First Place in the Advertising Illustrative category from the Florida Professional Photographers convention in 2010 for his portrait titled, "Father Forgive Me." In August of 2011, with the support of his family, friends and clients his dream of opening a pet-friendly portrait studio was realized. Marquis Campbell Photography is located at [www.URpriceless.com](http://www.URpriceless.com) and 4195 West New Haven Ave Suite #5 in West Melbourne, Florida. Marquis Campbell Photography specializes in Relationships, High School Seniors and Precious Pets.

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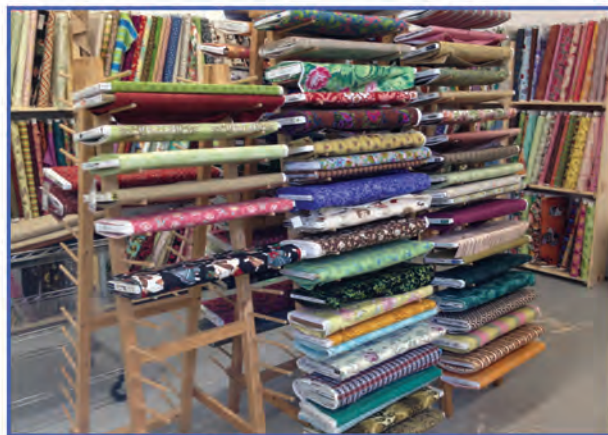
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## WHY CHOOSE ACTING?

### SPOTLIGHT ON THE ARTS

by Pam Mankowski

**I believe theatrical training is a wonderful starting point for young people** especially in learning some valuable 21st century job skills - problem solving, communication skills, collaboration and team work, and creative thinking. The games we play, the exercises we do and the rehearsal process are not about how many lines you have but how you translate these skills to everyday life.

Thanks to e-mail and Facebook, I was able to contact a few of the hundreds of young actors that I have worked with over the past 30 plus years and asked them if "acting" helped them in their later life and career choices. This is just a few of the answers that I got back:

**Nicholas W.** *Project Security Manager (1980s student, actor and outreach performer)*

I would say that the most enduring lesson I learned from theatre is the part that so few people ever see; just how much the little details can affect an overall outcome. All the hard work that goes on behind the scenes, the planning, prop placement, lighting, sound, costume - all of the minute details that come together to create the illusion. Learning to think

ahead and focus on detail has proven to be a valued skill that continues to serve me.

**Tim W.** *United Methodist minister (1980s student, actor and outreach performer)*

After graduate school at Duke, I became a minister and was invited to Florida Southern College to serve as Chaplain and teach in the Religion Department. One of my tasks is working with college students who are planning on going into ministry. I always tell them it is better to take Intro to Theater instead of Speech to be a better preacher. It is not just that you can say it, but you have to make me believe that YOU believe what you are saying. Theatrical training and performing was probably some of my best training for what I do every Sunday morning.

**Sarah O.** *Speech Language Pathologist (1984 - 1998 student, actor, outreach, instructor)*

Growing up in the theatre community performing, working behind the scenes, and eventually teaching classes has been essential in preparing me for my career as a Speech Language Pathologist. I have learned indispensable skills that

have been carried into therapy sessions, meetings with parents and teachers, and creating lesson plans for individual clients. From speaking with confidence, proper diction, and projection, to using creativity to produce lesson plans, I credit my theatrical training and education to much of my personal and professional development.

**Jocelyn L.** *Occupational Therapist (1995 - 2002 student, actor, outreach)*

Children's Theatre gave me great confidence as a young child speaking in front of large groups and eventually helped lead me into a career in the health field. The creativity I cultivated as a child "actress" helps to mold my treatment plans and to use voices/song to treat pediatric patients. I learned to interact with many different kinds of personalities at a very young age and that proved to be a great life skill to rely upon as an adult.

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## BACKPACK MISUSE LEADS TO CHRONIC BACK PAIN

### SPOTLIGHT ON THE CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

**Back pain is pervasive among American adults**, but a new and disturbing trend is emerging. Young children are suffering from back pain much earlier than previous generations, and the use of overweight backpacks is a contributing factor, according to the American Chiropractic Association (ACA). In fact, the U.S. Consumer Product Safety Commission reports that backpack-related injuries sent more than 7,000 people to the emergency room in 2001 alone.

This new back pain trend among youngsters isn't surprising when you consider the disproportionate amounts of weight they carry in their backpacks - often slung over just one shoulder. According to Dr. Scott Bautch, a member of the ACA's Council on Occupational Health a recent study conducted in Italy found that the average child carries a backpack that would be the equivalent of a 39-pound burden for a 176-pound man, or a 29-pound load for a 132-pound woman. Of those children carrying heavy backpacks to school, 60 percent had experienced back pain as a result.



### What Can You Do?

The ACA offers the following tips to help prevent the needless pain that backpack misuse could cause the students in your household.

- *Make sure your child's backpack weighs no more than 5 to 10 percent of his or her body weight. A heavier backpack will cause your child to bend forward in an attempt to support the weight on his or her back, rather than on the shoulders, by the straps.*

*The backpack should never hang more than four inches below the waistline.*

- *A backpack with individualized compartments helps in positioning the contents most effectively. Make sure that pointy or bulky objects are packed away from the area that will rest on your child's back.*

- *Urge your child to wear both shoulder straps. Lugging the backpack around by one strap can cause the disproportionate shift of weight to one side, leading to neck and muscle spasms, as well as low-back pain.*

- *Wide, padded straps are very important. Non-padded straps are uncomfortable, and can dig into your child's shoulders.*

- *The shoulder straps should be adjustable so the backpack can be fitted to your child's body. Straps that are too loose can cause the backpack to dangle uncomfortably and cause spinal misalignment and pain.*

- *If the backpack is still too heavy, talk to your child's teacher. Ask if your child could leave the heaviest books at school, and bring home only lighter hand-out materials or workbooks.*

- *Although the use of rollerpacks - or backpacks on wheels - has become popular in recent years, the ACA is now recommending that they be used cautiously and on a limited basis by only those students who are not physically able to carry a backpack. Some school districts have begun banning the use of rollerpacks because they clutter hallways, resulting in dangerous trips and falls.*

### Chiropractic Care Can Help...

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## APPEARANCE IS MORE THAN WHAT YOU SEE

by Larry A. Attig, Pastor,  
Melbourne First Church of the Nazarene

**On June 17-18, 2013 the world's eight most powerful leaders gathered in the town of Enniskillen, Ireland for the G8 summit.** This may not be as exciting as having the Olympics come to town, but it obviously requires making a good impression. So in preparation for the arrival of their special guests, they did what most cities would have done. They spent a lot of time, effort, and money sprucing up its image. What makes this newsworthy is that the town is in a severe recession and the sprucing up consisted of putting up fake storefronts on abandoned businesses.

Dan Keenan, a reporter for the Irish Times, reported that the image-conscious village leaders wanted to make it look as if it was business as usual, so they "filled the shop front windows with pictures of what the business looked like before it went bankrupt or closed." In other words, grocery stores, butcher shops, pharmacies, restaurants, etc. placed large photographs

"...these people honor me with their lips, but their hearts are far from me, their worship is a farce."

Matthew 15:8 NLT



in the windows so that when you drove past and glanced at the window, it would look as if the door was open and inside was a thriving business. All appearances suggested that everything was normal, but the truth is that behind most of those doors are empty buildings.

Unless you are one of those business owners in Enniskillen, there are probably a few jokes that could be made about the fake facades. But the real tragedy is that many people who call themselves Christians resemble those abandoned buildings.

They do and say the right things and all appearances suggest they are normal believers, when in reality there is nothing more than appearance.

Jesus was pretty clear about how he felt about fake relationships; "these people honor me with their lips, but their hearts are far from me, their worship is a farce" Matthew 15:8 NLT.

Whatever you want to call it, being a Christ follower is more than just appearance... it is about living in such a way that we become a reflection of Christ.

As the Spirit of the Lord works within us, we become more and more like him and reflect his glory more and more. 2 Corinthians 3:18

What do people think about God by what they see in you?

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# Exercise Caution with Herbal Products

**Millions of people rely on herbal remedies to treat a variety of ailments or conditions.** Although the efficacy of herbal remedies is not often backed by federal monitoring organizations, many users of herbal products find them highly effective. Though these remedies come from nature, not all herbal medicines are harmless. They may have side effects or interact with mainstream medications. It is important for consumers to weigh the risks.

The World Health Organization estimates that between 65 and 80 percent of the world's population rely on alternative medicine as their primary form of healthcare, while only 10 to 30 percent of people use conventional medicine like the products that are sold over-the-counter and at pharmacies. The American Medical Association has urged its members to better educate themselves on alternative medicines. In fact, almost one-third of American medical schools, including Harvard University, Yale University, Georgetown University, and John's Hopkins University, now offer coursework in alternative medicines.

Perhaps because of their popularity and relative ease of purchase, herbal remedies are surrounded in misinformation.

Many people believe that, because herbs are not chemical drugs, this makes them completely safe. Yet, some herbal remedies do have adverse effects, as do vitamin and mineral supplements. In order to be treated by both alternative and conventional medicines, individuals need to educate themselves about the truths and myths surrounding herbal products.

Herbal compounds vary in strength. While many conventional medicines are carefully produced and tested to ensure consistent potency, some herbal remedies are not. The strength of one herbal product may not be consistent from pill to pill or between brands. It can be difficult to maintain consistency with products that come from nature. Just as grapes may produce a different tasting wine year after year, herbs may not always produce the same potency.

There are side effects. Natural doesn't always mean safe. Keep in mind that illegal drugs like marijuana and opium come from natural sources, and those drugs are far from completely safe. Even the tobacco in cigarettes is from a naturally growing plant, and smoking is responsible for the majority of lung cancer cases every year. Ginseng, ginkgo biloba and even garlic supplements can thin the blood and make one bleed more freely. Certain vitamins in high levels can be toxic. Kava kava, taken for anxiety, can sometimes cause liver damage.

Herbs are not always regulated. In the United States, herbs are not regulated by the Food and Drug Administration. They don't oversee the production, sale and use of herbal products. That means that the safety and usefulness of these remedies may not be adequately documented.

Herbs and conventional medicines are not always compatible. While herbal treatment can be used in combination with traditional medicines, a medical doctor should be consulted before taking medications in tandem. Complications can arise from the interaction between conventional medicines and herbal medications. Herbs may reduce or increase the effects of certain medications that can result in organ damage or even fatality.

Herbal remedies may delay doctor visits, putting men and women at risk. Thanks to the relative ease with which herbal remedies can be purchased, people may put off seeing a doctor when they aren't feeling well, preferring to try an herbal medication first. This could prolong effective treatment of disease or put off a diagnosis of a more serious ailment.



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## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...the world will try to squeeze you into its mold."

"Truth Straight Up" is written and founded by Valerie Oliver. She offers advice based on Biblical principles—not political correctness. Miss Oliver serves in several ministries including altar counseling. She's written several Christian-short stories and is currently working on her first novel: *Harpazo: The Witnesses*.



**Dear Val,**

I'm in Junior High and I've been going to the same Christian school since pre-k. My mom recently lost her job and my dad's hours were cut; so now, I have to go to public school in the fall. I know it's not their fault, but I'm scared to death because I'm one of the biggest geeks around. My brother was joking when he said they were going to eat me alive, but I think he's right. How am I going to do this? I've been praying, but I'm still scared.

—Chris of Brevard County, Florida

Dear Chris,

Life changes are often stressful; but remember, it's written in scripture—over three hundred fifty times, "fear not..." Also, God promises, "I will never leave you, nor forsake you" (Hebrews 13:5). We are called to be "salt and light" in a dark world, so be prepared because God will use you in your new school. You will need to put on the full armor of God as described in Ephesians 6:10-18: Stand on the Word of God—Put on the helmet of salvation—pray in the Spirit—and stand in righteousness and truth. Specifically pray for a hedge of protection, not only for your personal safety but because the world will try to squeeze you into its mold.

I also went to public school; and from one "Geek" to another, I promise you won't be alone—band together. There's a national campaign designed to discourage bullying; but if you are threatened, you should immediately speak to your parents and a school counselor.

**Dear Val,**

I've just recently started going to church again (it's been years). I love the old hymns, but I'm in awe of the new music. Many of the songs use different names for God; i.e. Yahweh, Adonai, El Shaddai, etc...Can you tell me why different names are used and what do they mean?

—Lisa of West Melbourne

Dear Lisa,

The Judeo-Christian God—is one God—but is known by several names because each describes a different attribute. Researching through some of the names of God can give us better insight, and understanding, to His character. Here is a partial list and their meaning:

**Elohim**- "Strong One", divine

**Adonai**- "Lord", indicating a Master-to-servant relationship

**Elyon**- "Most High, the strongest One" (Psalm 57:2)

**El Roi**- "The strong One who sees" (Hebrews 2:18)

**El Shaddai**- "God Almighty", All-Sufficient, All-Bountiful One

**El Olam**- "Everlasting God" (Genesis 21:33)

**Yahweh**- Lord "I Am" meaning the external self-existent God.

This name is considered so Holy that, when written, Jews remove the vowels. (This is also the name He gave to Moses.)

**Jehovah Rophah**- "God the Healer" (Psalm 147:3)

**Jehovah Shalom**- "The Lord of our Peace" (Romans 5:1)

**Jehovah Jireh**- "The Lord will provide" (Genesis 22:1-19)

**Jehovah Sabaoth**- "The Lord of Hosts" which is the title of "the Commander to the Angelic Host and the Armies of God" (Isaiah 36-37)

**Abba Father**- "Our Lover and Protector" (Romans 8:15) Abba is also a term of endearment meaning "Daddy" Yes; He loves us that much... (Romans 8:15).

Mail your questions or concerns to: Truth Straight Up P.O. Box 120476 West Melbourne, Florida 32912 or e-mail questions to: askval@hotmail.com. For the protection and confidentiality of the individuals involved, letters may be edited and all names have been changed. Miss Oliver will not reply by e-mail unless specifically asked.

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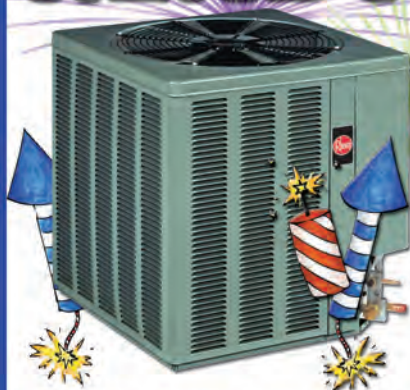
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## HAPPY INDEPENDENCE DAY!

### SPOTLIGHT ON COOKING

by Cecelia Danas



**Happy 4th of July** and Happy Birthday to my fellow Cancer Babies.

This is a recipe I made up. It is quick, healthy, full of flavor and easy to make. Double the recipe and have it for lunches. Remember — Be Creative!

If you have any questions or would like to contact me, email me at [lifecoaching7746@aol.com](mailto:lifecoaching7746@aol.com).

#### Greek Stir Fry

3 large chicken breast or a small bag of frozen chicken tenders	3 cups of feta cheese crumbled	3 cloves of garlic or 3 tbsp of garlic
1 bag of spinach	1 tbsp nutmeg	1 tbsp Italian seasonings
2 onions chopped in small pieces	1/4c of olive oil	
	2 tbsp oregano	

Cut chicken into 2 inch cubes (if using chicken breast butterfly them first so the meat is all the same thickness). In a large frying pan add half of the olive oil. When oil is hot add chicken and brown on both sides. Remove chicken from pan when brown. Add the rest of the olive oil and add all the rest of the ingredients including chicken. Keep turning so the spinach and onions don't burn. When chicken is fully cooked turn off the heat add the feta cheese and put a cover on pan until you are ready to serve.

Serve with orzo's or rice and a salad. If you have leftovers, it is great on a roll for lunch or mixed in to a salad

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## TIPS FOR BETTER BATTERY LIFE ON YOUR SMARTPHONE

### SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

**A Smartphone is an amazing bit of technology, but its features come at a high cost – battery life.** Understanding what eats up your battery and only using those features when or if you need them is the best way to extend battery life on your phone. One of the biggest drains on the battery is powering those big beautiful screens, so always turn the brightness down to the lowest tolerable setting and turn off the auto-brightness so you can manually control when the screen gets brighter.

Turn off the 'push' setting for your e-mail so that mail is not constantly being sent to your phone whether you are reading your e-mail or not. The 'fetch' setting determines how often your phone checks for new mail, so set it to the longest possible interval or, better yet, set it to manual so that the only time you will get new messages is when you manually fetch them.

Location services can be used by many apps, so having the GPS circuit

constantly updating your location as you move around will also drain the battery. Turn it off unless you need it (if an app needs it, you'll be alerted) and start saying no to apps that ask to use location services when you first install them.

Having your phone constantly scanning for a wifi signal or a Bluetooth device can also add to the drain, so turn them off until they're needed.

If you are constantly getting notifications from lots of apps, you probably aren't paying attention when you are installing apps. You should turn off notifications for all but the important ones (you'll probably be more productive as well!) and start saying no to apps asking to send you notifications when you install them.

Using your phone as a hotspot for other devices is a handy feature but you can kill your battery very quickly that way. Try to avoid turning on the



hotspot feature unless you are plugged into a power outlet. If you do turn on the hotspot while on battery power, remember to turn it off as soon as you are finished or your phone will be on fumes in a relatively short period of time.

Start getting into the habit of routinely checking for any apps that are running in the background and shutting them down, especially those free games that are constantly loading in the ads that support the app.

Newer Android phones have a power-saving mode that does a really great job of managing your phones resources based on the way you use your phone, so try turning it on. You can also see which apps are eating up the most power on Android devices, which can help you decide if its time to get rid of some unwieldy apps.

One last major thing to remember: Heat is a major killer of batteries and will reduce your battery's ability to hold a charge. Avoid direct sunlight especially in the hot summer months and avoid using the phone until it cools down if it's hot to the touch.

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# Hurricanes are Like Life

**Summer. It brings with it vision of beaches, longer days, parties, vacations, and oh, yes, the possibility of the unexpected.**

As I write this article, the first named tropical storm of the season is upon us, and her name is Andrea. Hurricane season starts on June 1st and doesn't end until November 30th, and this time it's like Mother Nature was watching the exact date, and decided it was time to throw us one of her weather curve balls.

Hurricane season can be a great deal like life.

One minute you are experiencing smooth sailing, and the next you might find yourself hiding from a hurricane spawned tornado under a mattress in your bath tub. The point is, just as the season is unpredictable,

so is life. But like life, hurricanes do give you a chance to prepare for the unexpected. You get advance warning. If you are smart you had your preparations completed well in advance. If you are not so smart, you scramble to get them done. If you think you are bulletproof, you do nothing, and take your chances.

Sitting here thinking about the preparedness of my own family, I received news from my client about a gentleman's passing. He told me that he had some life insurance, but he could have had more to cover his family. A few hours later, I received

a message regarding a friend who was not expected to survive his illness. In the end, he was sick with cancer, had lost his job, was in foreclosure, and had no life insurance. He never believed in the preparation required for that type of protection.

Every year we hear the same warnings about being prepared.



Every year the media do their best to remind us not to become complacent. Be vigilant, and have all of your plans in place. Yet, despite these warnings, a majority of those living in hurricane prone areas go on thinking that nothing bad will ever happen. They've been living in with their false sense of security for so long that they never think anything will change. They don't bother boarding up or getting supplies. They don't pay attention to warnings about seeking shelter or staying off the roads. In some strange way, they think are invincible.

The news during these weather

events is riddled with reports about the misfortune of those who thought they were impervious to the weather. They wandered out and were struck by a tree, drowned in the surf, were swept up in their car by the winds of a hurricane, or experienced some weather related freak accident. The saddest part of these stories is that

the victims could have avoided most of these incidents if only they had erred on the side of caution.

So if you are wise, you have already prepared for these disasters which you realize strike someone, somewhere every day. You have ample life insurance to cover your loved ones in the event of your untimely death. You have made arrangements for disability insurance in case an illness

or accident leaves you unable work in your chosen profession. You have insurance also to help your business continue. You have made the preparations you will need to weather any storm that life could possibly throw your way.

If you haven't, maybe you are one of the smart ones who pays attention to warnings, and you scramble now to get the protection you need. And if you think you are bulletproof, you do nothing, but remember lack of planning in life like during hurricane season can lead to disaster.

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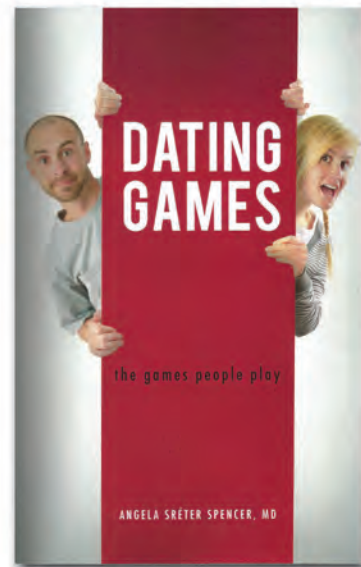


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## KEEPING YOUR PRIVATE INFORMATION SAFE

### SPOTLIGHT ON SOCIAL MEDIA

by Cheri Martin, WCN Interactive, Inc.



**Identity theft is a huge concern for many Americans**, in fact according to the latest Javelin Strategy & Research Report; there were more than 12 million identity fraud victims in the US last year! Unfortunately I was one of them, and it is not fun cleaning up the mess!

It is believed that the Internet and social media play a huge role in compromising our personal data, I have no way of knowing how my information was stolen, but what my experience taught me was that I needed to do a better job protecting my private information. I now have Legal Shield Identity Theft; they send me alerts via email whenever there is any activity on my personal financial accounts. Plus, I have updated all my passwords and do not use the same password on any of my social media sites. I also do not use my financial or credit card account passwords for any of my social media platforms and I only use a credit card to shop online, never a debit card.

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321-446-2156

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The following shocking statistics are from the Federal Trade Commission, Identity Theft Resource Center and Javelin Strategy & Research; compiled by NextAdvisor.

#### States with the Most Identity Fraud Complaints:

Florida 34% Georgia 24% California 20%

#### How Identity Thieves Attack our Social Media Profiles:

54% Accounts are a target of an identity threat  
15% Had account accessed without their permission  
13% Are 'Socially Engineered' to disclose password or other sensitive info  
70% Are asked to visit a scam website via a private message

#### Keeping Personal Information Private - On Facebook:

93% share Full Name  
4% share Home Address  
60% share Family's Names  
33% share Current Employer

#### How Thieves Get Our Personal Information:

30% Users Do NOT have Facebook profiles set to private  
14% Users Did NOT know their Facebook privacy settings

#### Why Our Passwords Don't Protect Us:

10% Reuse the same passwords for social networking accounts and online financial accounts  
39% Used similar passwords for various accounts

Social media is a part of our everyday lives and it's easy to get too comfortable using the social sites; but you can protect yourself. Do not place any personal information on your profiles that could be used by identity thieves and be sure you personally know who you are connecting with or when using for business connections that you do not share any personal information with strangers. You are in control of what you share and to whom you share by how your privacy settings are set, regularly check your privacy settings and change your passwords often so you are less vulnerable to identity theft on social media. Identity thieves are constantly finding ways to hack into social media accounts so do not click on any unfamiliar websites or links and never download any files from people you do not know. Have fun AND stay safe!



## De Nile in Hearing Loss, not a River in Egypt

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

**In my thirty plus years of helping folks with a hearing loss, by far the biggest impediment has been folks own perception about their degree of loss.** There is no better example of this perceptual problem, than my old friend, and fellow Shriner, Bill Wilson, our featured patient this month.

I've known Bill for well over fifteen years. All of that time, it has been apparent not only to me, but to most of Bill's friends, and family that he suffered with a significant hearing loss. He missed out on lots of conversations, misunderstood folks regularly, and very often asked folks to repeat themselves. I, and many others had tried to persuade Bill to at least get his hearing tested for years, but to little avail.

From Bill's perspective, his hearing loss wasn't that bad. Bill, like so many of my first time patients, was in denial, big time.

When he finally came to see me, it was clear that he still didn't want to make that connection between what he was experiencing, with a hearing loss. Yet, I just knew that if I could only demonstrate the benefits, the instant difference in his experiences would be all that it would take.

In less than forty-five minutes we'd been able to not only check Bill's hearing, but also set him up with a trial demonstration of some of the best gear available. We even had it paired with his cell phone, so that he now had stereo, hands free calling, and an offer to try the whole system out before he paid a dime.

To say that the experience changed Bill's perspective about his hearing loss would be a bit of an understatement. He's become a total convert. He, like so many other folks we help, just hadn't been able to make

that connection between his experiences and their hearing. But, like so many others, once we were simply able to get them to allow us to demonstrate the benefits of today's hearing aids, rather than talking about either them, or the hearing loss, Bill's new experience itself, was all it took.

So if you, or a loved one is experiencing the symptoms hearing loss, and like Bill are having trouble admitting it, we understand. We offer a way for folks to quickly, and easily find out for themselves, without having to risk a dime. To find out more, simply scan the QR code, or see our display ad. Don't let denial keep you, or a loved one from enjoying all life has to offer. Find out just how good things really can sound. **Please see our advertisement on the inside back cover of this issue of Spotlight.**



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(see pg. 13)

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## Space Coast Feline Network

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If you can give a few hours in any of the above areas, please contact the Helpline and provide information in which area you can help.

The Helpline number for spay/neuter appointments is 631-SPAY (7729). Monitors (all volunteers) take messages left by callers. Spay/neuter clinics are only for feral and abandoned cats. This number is NOT for calls to relocate or find homes for cats being given up for adoption.

**[www.scfntnr.org](http://www.scfntnr.org)**

# Building a Mobile Unit -Part 2

By Michael Mendes

**We are happy to announce that we have acquired the trailer for our Mobile Clinic!** Happy to announce that we have acquired the trailer for our Mobile Clinic! Through your donations, and a grant from eBay we purchased a 39" "fifth wheel" trailer to begin converting to our mobile clinic. We are really happy with our choice as this trailer has ample room to set up a Prep area, OR, first stage recovery and maybe even an indoor second stage.

The primary advantage behind building a mobile clinic as opposed to a clinic is the ability to offer be low cost and no cost spay neuter to targeted areas around Brevard County. The reasons an area may be targeted can range from low income neighborhoods, areas that have a large feral cat problem, or colonies that have been identified as "problem colonies" that need to have a massive Trap Neuter Return campaign. Having this huge resource will bring us much closer to making Brevard a No-Kill county.

Aside from being able to operate our clinic wherever it is needed there will be no changes to the logistics of our clinic operations, (anyone who has been to one of our monthly clinics will attest that they already resemble M\*A\*S\*H\* unit).

SCFN is nonprofit, and we have been financing the mobile clinic entirely on funds from donations, grants and our fundraisers. We will post monthly progress updates in this column.

If you recognize the need for a large scale mobile S/N clinic please pledge what you can by mail, or on our website [www.scfntnr.org](http://www.scfntnr.org).

***Also if you have one of the following items lying around call our helpline and I will come pick it up!***

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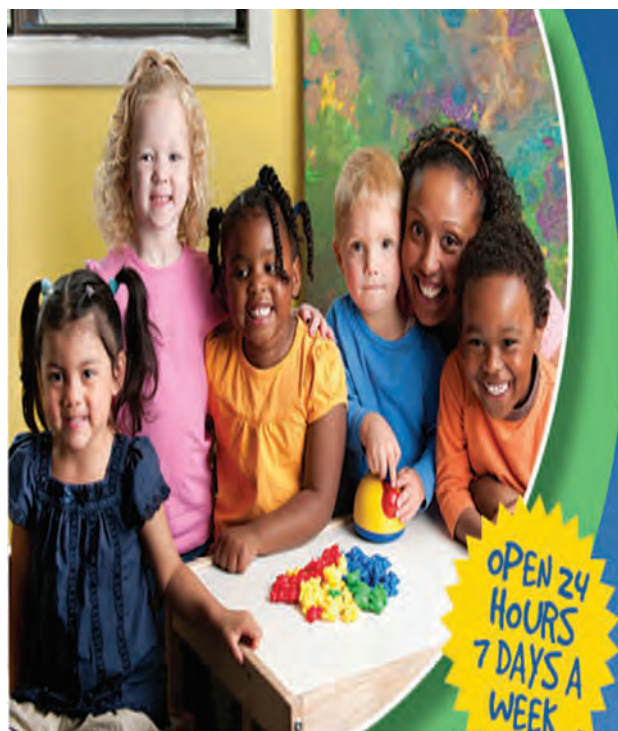
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# HISTORY Behind the Bridal Veil

**Wedding day attire has changed in many ways,** but one component of getting dressed up for a wedding that has withstood the test of time is the wearing of a wedding veil.

Though many brides know it is tradition to wear a bridal veil, many do not understand why. Here is a look at the history behind the veil and why it is continued to be worn today.

The veil and the bouquet that a bride carries may predate the wearing of white. Although there is no definitive reason for the wearing of a veil, many surmise it has to do with ancient Greeks and Romans' fear of evil spirits and demons. In fact, this is where many of the bridal traditions actually come from, including bridesmaids wearing similar dresses in order to serve as decoys for the bride. In an effort to frighten away or disguise the bride from evil spirits, brides-to-be were dressed in brightly colored fabrics like red and obscured by a veil. But in many cases, the veil prevented the bride from seeing



well. That is why her father or another person "gave her away." He was actually escorting her down the aisle so she wouldn't bump or trip into anything. The veil also served as a method of shielding the bride's face from her future husband, especially in the cases of arranged marriages.

Superstition has it that it is bad luck for the groom to see the bride prior to the wedding. A veil hiding her face also ensured that the groom would not see his soon-to-be-betrothed up until the ceremony.

Eventually the meaning behind the veil transformed as weddings evolved into religious ceremonies. The veil came to symbolize modesty and obedience. In many religions it is seen as a symbol

of reverence for women to cover their heads. When white wedding dresses were worn to symbolize chastity, the white veil followed suit.

There are others who say that before the advent of shampoo, people didn't wash their hair as often and it could get quite dirty. The veil may have been a method to covering up unsightly hair.

Regardless of the origins, veils continue to be sported by today's brides, who choose from a few different styles. A flyaway is a short veil that ends at the shoulders, while a sweep veil ends at the floor. Chapel and cathedral veils follow the bride at a significant length (nine and 12 feet, respectively). A blusher is a very short veil that covers just the bride's face as she enters the ceremony. With a fingertip veil, the veil reaches the bride's waist and brushes at her fingertips.

The veil will coordinate with the style of the gown, and many wedding attire consultants suggest choosing the gown prior to the headpiece and veil.

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***With men it is impossible, but not with God; for with God all things are possible. Mark 10:27, NKJV***

Left to our own resources, we are limited in what we can accomplish. It is usually only the very rich who can even come close to the extraordinary. But when God is involved in our lives, all things truly are possible! He desires to take us from the mundane to the miraculous. It is His will that we experience all that His Kingdom offers. All we need to do is look back at the forefathers of our faith. Abraham went from a sun worshipper to a foundational patriarch. Joseph went from a pit, to the courts of Pharaoh, and Rahab went from prostitution to the lineage of Jesus Christ. God enjoys taking impossible situations and turning them into miraculous celebrations.

All it takes is placing our trust in Him, rather than in ourselves. The wisdom of the world will tell us that there is a long list of requirements for success, but God simply says "Trust Me." When He becomes involved in our lives, the

wisdom of this world just falls away. The "wise men of the earth" can only stand in amazement, as they witness the impossible made possible through God's divine grace.

"All things" does not simply mean riches, glory and fame, as many wrongly teach today. Many believers



that God has prospered have lived extraordinary lives and died in complete obscurity. Living in faith is not a road to national fame, but a lifestyle of trust and peace. It only matters that

God knows who you are, for with Him in control of our lives, the impossible could be as exciting as foreign ministry or as critical as tomorrow's dinner. He wants us to believe that He can and will be involved in every facet of our lives. He knows the plans He has for us, and even though, at times, it may look as if He has lost control, He never does. We simply must trust and be patient.

It's really just a matter of letting go and letting God: letting go of our time, our pasts, our resources and our very lives. Resting in the arms of our Shepherd Jesus, life becomes an adventure rather than impossibility. Because all things are possible with God, we can experience the miraculous and dream the impossible. We are His people and He desires to bless us and show Himself strong in our lives. And even when the road gets bumpy, and it will, He will be there, encouraging us to push through the doubt, frustration and pain. Hear Him call to you today: "Come with Me, beloved. With Me, all things are possible. Just trust Me." (Song of Solomon 2:10)

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# Psoriatic Arthritis Affects Many People

**People who suffer from psoriasis or have a family history of this skin condition may be at risk for psoriatic arthritis,** a serious disease that causes extensive swelling and joint pain.

The Psoriasis and Psoriatic Arthritis Education Center notes that up to 30 percent of people with psoriasis also develop psoriatic arthritis. Psoriasis is an auto-immune skin condition in which the skin reproduces cells at an accelerated rate. This causes patches of flaky, irritated skin, also known as plaques. Psoriatic arthritis can develop at any time, but it is common between the ages of 30 and 50. Environmental factors, genes and immune system responses play a role in the onset of the disease. Patients with psoriatic arthritis can develop inflammation of their tendons, cartilage, eyes, lung lining, and sometimes aorta.

Psoriasis and psoriatic arthritis do not necessarily occur at the same time. Psoriasis generally comes first and then is followed by the joint disease. The skin ailment precedes the arthritis in nearly 80 percent of patients. Psoriatic arthritis is a rheumatic disease that can affect body tissues as well as joints. Psoriatic arthritis shares many features with several other arthritic conditions, such as ankylosing spondylitis, reactive arthritis and arthritis associated with Crohn's disease and ulcerative colitis.

The rate of onset of psoriatic arthritis varies among people. For some it can develop slowly with mild symptoms. Others find

it comes on quickly and is severe. Symptoms of the disease also vary, but may include the following;

- \* generalized fatigue
- \* swollen fingers and toes
- \* stiffness, pain, throbbing, swelling, and tenderness in joints
- \* reduced range of motion
- \* changes in fingernails
- \* redness and pain of the eyes

In many cases, psoriatic arthritis affects the distal joints, those that are closest to the nail in fingers and toes. The lower back, knees, ankles, and wrists also are affected.

It is important to talk to a dermatologist if you suffer from psoriasis and also experience stiffness or pain in joints. This may be indicative that psoriatic arthritis is present.

Treatments usually include a combination of medications and therapeutic exercises to reduce pain and swelling. NSAID pain relievers help but may be combined with stronger medications, such as corticosteroids, as well as medications that suppress the immune system



## We Want to Know Contest

In order to better serve you, our readership, we would like your influence on the direction of this publication. By answering the following questions you will be entered into a **monthly prize drawing to WIN a \$25 GIFT CARD from Nature's Market!**



1. Where did you pickup this issue of Spotlight Magazine? \_\_\_\_\_

2. What do you like best about Spotlight Magazine? ☐ Advertisers ☐ Articles ☐ Contests ☐ All

Comments: \_\_\_\_\_

3. Have you visited SpotlightBrevard.com for our full monthly online publication? ☐ Yes or ☐ No

4. Have you "LIKED" us on FACEBOOK? ☐ Yes or ☐ No [facebook.com/spotlightmagazinefl](https://facebook.com/spotlightmagazinefl)

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Save A Tree Subscription/Email address (optional) \_\_\_\_\_

Age (circle) 20 - 30 31 - 40 41 - 50 51 - 60 60+ ☐ Male or ☐ Female

No personal information provided to Spotlight Magazine in any of our contests will be given out to anyone!

MAIL TO: Spotlight Would Like to Know Contest, PO Box 1197, Melbourne, Florida 32902





## NURTURE THE GARDEN OF YOUR SOUL

### SPOTLIGHT ON LIFE COACHING

by Cecelia Danas,

Certified Life & Strategies, Food Psychology Coach / Advanced EFT Practitioner

**In gardening we have to keep the plant growing strong, healthy and nurtured** It is the same for people. The following is a check list of some of the way to keep your body, mind and spirit, strong, healthy and nurtured.

**Love** -love of self, love of others, being loved, and knowing you are loved by a higher power.

**Peace** -a place to be relaxed, meditate, think, do creative thinking, and be still without any outside distractions.

**Self-Care** -going for check-ups at the doctor, eating healthy, exercising, respecting yourself, positive thinking, dressing so you feel good about you

(being well groomed), not allowing others to disrespect you, setting boundaries, and being able to say NO, and mean it.

**Knowledge** -is

powerful, learn to take care of your finances, learn to care for oneself, learn new skills for your job or to advance, for fun or to create.

**Think Positive** -creating a positive attitude helps keep the flow of good coming to you, keeps you on a positive path, and keeps your brain from thinking negative thoughts.



**Belief** -believing in a high power gives you hope, strength, and faith to move forward.

Self Respect -not allowing other people to treat you negatively, do harm

to you, or abuse you.

Sometimes we can do this alone. We need help seeing the good in use. This is where coaching comes in to help you to see the best in you. Don't put off till tomorrow what you can do today to help you grow into the person you want to be.

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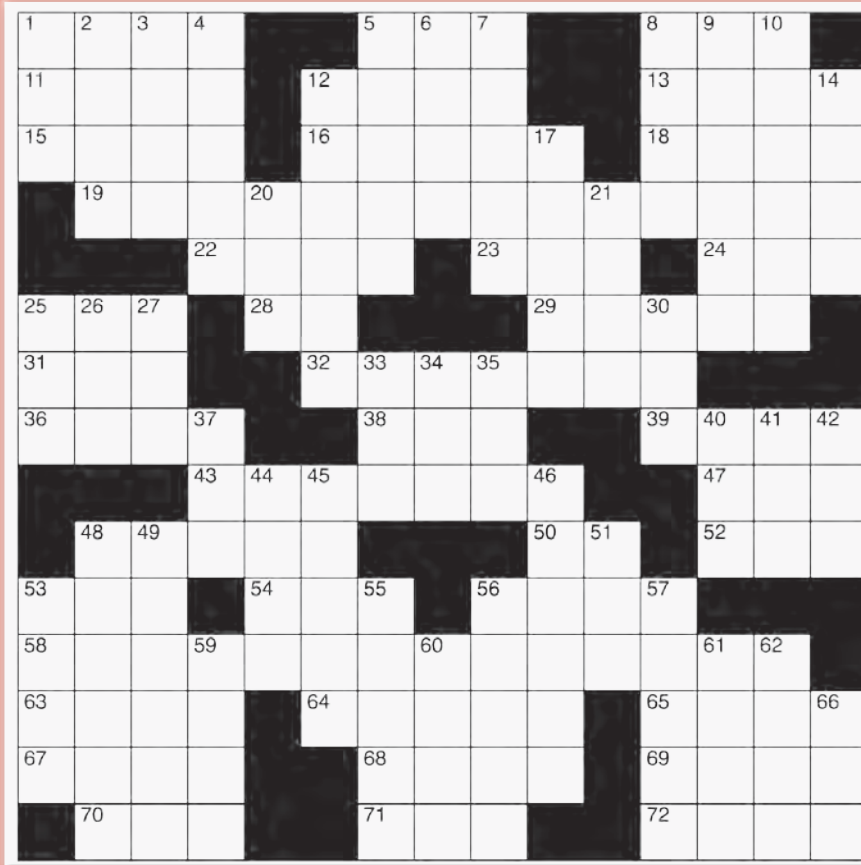
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# Spotlight Crossword Puzzle



## clues ACROSS

1. Applies paint lightly
5. House mice genus
8. Bible's Chronicles (abbr.)
11. Old World buffalo
12. Expression of contempt
13. Levi jeans competitor
15. A small-wooded hollow
16. Donkeys
18. River in Florence
19. L. Rukeyser's TV show
22. The abominable snowman
23. Deerfield, IL, Trojans school
24. Be obliged to repay
25. Woman (French)
28. Delaware
29. Fools around (Br. slang)
31. Affirmative (slang)
32. With three uneven sides
36. Tel \_\_\_, Israel city

38. "As American as apple \_\_"

39. Aba \_\_\_\_ Honeymoon
43. Fictive
47. Press against lightly
48. Eiderdown filled
50. In the year of Our Lord
52. Obstruct or block
53. A companion animal
54. Political action committee
56. Big man on campus
58. "Frankly my dear, \_\_\_\_"
63. American Indian group
64. Lots of
65. Life stories
67. Sour taste
68. The Phantom's first name
69. Leading European space Co.
70. Native of Thailand
71. Drive into hard
72. NY state flower

## clues DOWN

1. American weapon
4. Set out
5. Volcano aka Wawa Putina
6. Soviet Union
7. A single piece of paper
8. A bird's foot
9. Of this
10. Restores
12. Paper adhesives
14. Lordship's jurisdiction
17. River in Paris
20. Headed up
21. Sir in Malay
25. Soft-shell clam genus
26. Mega-electron volt
27. Indicates near
30. The central bank of the US
33. Central processing unit
34. Direct toward a target
35. Side sheltered from the wind
37. 6th letter of Hebrew alphabet
40. Form a sum
41. The cry made by sheep
42. Defensive nuclear weapon
44. Clan division
45. Adult male deer
46. Patterned table linen fabric
48. Subtract
49. An imaginary ideal place
51. Chuck Hagel is the new head
53. Round flat Middle Eastern bread
55. Chickpea plant
56. Make obscure
57. Pole (Scottish)
59. Cavities where spores develop
60. Vintage Auto Racing Assoc.
61. Hmong language \_\_: Yao
62. Small head gestures
66. Point midway between S and SE



# Dental Caries Prevention: **FROM THE PEDIATRICIAN'S PERSPECTIVE**

by Dr. Rachel Worley, MD, FAAP

**Dental caries (cavities) are the most common chronic disease in children aged 6-19 years.** One in seven 3 to 5

year-olds has untreated tooth decay. Having decay in baby teeth increases the risk of cavities in permanent teeth because the caries causing bacteria are already present. Additionally, children who have had toothaches in the past 6 months were almost 4 times more likely to have a grade point average that was lower than the median.

## **PREVENTING CAVITIES:**

- Avoid putting babies to bed with a bottle
- Introduce a cup at 6 months of age
- **Less than 2 years old:** Clean teeth daily with a small brush or moist cloth.
- **2-6 years old:** Clean teeth daily
- with a pea sized amount of fluoride toothpaste and a toothbrush. An adult should ALWAYS brush after the child until the age of 6.
- **Regular dental visits** should start at the first birthday. These visits are a time for evaluation of the child's current dental health as well as a time for education and discussion of caries prevention. Visits should occur at 12 months, 24 months, 30 months, 36 months, and every 6 months thereafter.
- **Flossing:** To remove the food and plaque in between teeth, parents should start flossing the child's teeth when the molars start to touch.
- **Sugar:** Avoid frequent snacking and juice in the bottle or sippy cup. The sugars in juice and



simple carbohydrates (crackers, pretzels, and cereals) provide a food source to the bacteria in the mouth. The bacteria then create an acidic product which breaks down the tooth and leads to cavity development.

- **Fluoride:** Recommended dosage is 0.25 mg/day for children less than 3 years old; 0.5 mg/day from 3-6 years old; and 1 mg/day from 6-16 years old. If your child doesn't drink fluoridated city water, ask your doctor for a prescription for fluoride supplementation. Additionally, fluoride varnish may be applied to at risk teeth. Varnish has been found to reduce decay between 50 and 70%. Once applied, it helps the tooth restore surface enamel.





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# Foods to **Avoid** when Dining Out Late at Night

**Nutritionists often recommend that men and women avoid eating late at night,** when a hearty meal or even an unhealthy snack can make it harder to get a good's night sleep.

Dining late at night may also make it harder for the body to break down food, which is then likely to be stored as fat and cause unwanted weight gain.



**Avoid fatty foods.** The body will have a hard time burning fat from fatty foods when you eat such foods right before bed, so there's a great chance the body will then just store those foods as fat. Though it's always best to avoid fatty foods, eating them late at night is the worst time to eat them. When you eat them earlier in the day, your body will have ample opportunities to burn the fat before you go to bed. When dining out late at night, look for items on the menu that are low in fat.

But sometimes a late meal is inevitable. Whether you caught an early movie before getting dinner or simply want to grab something on the way home from a late night at the office, there are ways to make a late night of dining out more healthy.

**Avoid sugar.** Sugar is another food to avoid when dining out late at night. Sugar can make your body feel energized, even if it's just temporary. That spike in energy can make it hard to fall asleep. In addition, sugar will be stored as fat overnight. So while that bowl of ice cream might hit the spot while you're out on the town, chances are it's not worth the resulting

loss of sleep or weight gain.

**Pass on the pasta.** When eating late at night, it's best to avoid carbohydrates like pasta. That's because carbs are likely to be stored as fat if the body is not given ample time to burn them off. Whole-grain pastas might be healthier than more traditional enriched pastas, but they should both be avoided when dining late at night.

**Choose lean proteins.** When including protein as part of your late-night meal, opt for small portions of lean protein instead of red meats and larger portions. Yogurt or deli-sliced turkey is a better source of late-night protein than a juicy steak because neither will make the body work as hard overnight as a steak, which will be hard for your body to digest as you attempt to get a good night's sleep.

**Say no to spices.** Even if spicy foods are your favorite, it's best to ignore them when dining out late at night. That's because spicy foods can upset the stomach and stimulate your senses, making it harder to get a good night's rest.

## PUZZLE [PG42] SOLUTION How well did you do?



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OUR WINNER LAST MONTH WAS  
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